

? Questions  
to ask myself  
BEFORE I OFFER TO  
EMOTIONALLY SUPPORT  
A FRIEND... ?



What is my motive  
for wanting to offer my  
support?

Can I be  
non-judgemental,  
not try to fix or offer  
advice?  
Just be a good listener

Am I able to listen with  
empathy to their needs  
instead of talking about  
my own?

